



Initiative of the Office of the State Superintendent of Education

Nutrition Education and Promotion

Schools play an important role in childhood obesity prevention efforts, because children spend so much of their day at school. Because of changes in both federal and local legislation, school meals now include more fruits, vegetables, whole grains, and low-fat dairy, and limit saturated fat, trans fat, and sodium. Nutrition education promotion can help support these efforts by increasing awareness and acceptance of the healthier options available at school. They can also help lay the groundwork for healthy habits children will use for life. Below are some recommendations on nutrition events for the cafeteria and/or the classroom:

ACTIVITY/ PROJECT	SUPPORTING RESOURCES
Teach a Nutrition Lesson In the Classroom	Order or download FUN! FREE! USDA Team Nutrition Education Resources: <ul style="list-style-type: none"> • Discover MyPlate: Nutrition Education for Kindergarten • Serving Up MyPlate: A Yummy Curriculum (Grades 1-6) • Nutrition Voyage: The Quest To Be Our Best (Grades 7-8)
Hold a 'Healthy Fundraiser'	Why not promote healthy eating and raise money for your school at the same time? Explore this list of 'healthy fundraising' ideas .
Eat Lunch with Your Students	Thanks to the Healthy, Hunger Free Kids Act and the DC Healthy Schools Act major improvements have been made in DC that have transformed school food to promote better nutrition and reduce obesity. Model healthy behaviors to students by being active and consuming healthy foods and beverages. Eat lunch with your students and encourage them to eat all of the components of the meal, especially the fruit and vegetables!
Plan a Nutrition Event	Team Nutrition Popular Events Idea Book (Grades K-8) has fun ways to engage school staff and students in nutrition and physical activity. In this booklet you will find creative ideas for 20 themed events for elementary and middle schools. Sign up for Sweetgreen in Schools This free program's mission is to change the way kids eat by offering a positive experience with healthy food. All workshops are aligned with national learning standards, so the kids receive quality learning experiences, too.
Invite Kaiser Permanente's Educational Theatre to Your School	Theater can be a potent tool for the creative exploration of meaningful topics and can be profoundly impactful in nutrition education. Contact Kaiser Permanente's Educational Theatre with a proposed date and time to schedule your free program! (301) 902-1215.

If you would like assistance planning or implementing any of these projects, please contact Laura Hansen, nutrition education specialist, at the DC Office of the State Superintendent of Education by emailing laura.hansen@dc.gov or visiting <http://osse.dc.gov/service/school-nutrition-and-wellness-program-nwp>.

